

SYMPTOMS OF ANAPHYLAXIS

Chest Tightness

Cough

Shortness of Breath

Wheezing

Tightness in Throat

Difficulty Swallowing

Hoarseness

Swelling of Lips, Throat and Tongue

Itchy Mouth

Itchy Skin

Hives or Swelling

Cramps

Vomiting or Diarrhea

Dizziness

Fainting

MOST COMMON FOOD ALLERGENS



Eggs



Fish



Milk



Soy



Tree nuts



Wheat



Peanuts

BE ALLERGY AWARE

Why bother?

- Food allergies can kill
- Some people have a very serious deadly reaction to certain food
- These children need to be careful of what they eat

What to do?

- Know what is in your products
- Make parents aware if you serve items to which kids are commonly allergic

Remember

- Even tiny traces can trigger a reaction
- Cross contamination can happen easily
- Clean your hands, work surfaces, and utensils after handling nuts, shellfish or seeds
- Think before cooking with oils that have been used to cook other foods
- Follow the protocol that your school has developed

What Is a Food Allergy?

A food allergy is an immune system response. It occurs when the body mistakes an ingredient in food – usually a protein – as harmful and creates a defense system (antibodies) to fight it. Allergy symptoms develop when the antibodies are battling the “invading” food. The most common food allergies are peanuts, tree nuts (such as walnuts, pecans and almonds), fish and shellfish, milk, eggs, soy products, and wheat.

What Is Food Intolerance?

Food intolerance is a digestive system response rather than an immune system response. It occurs when something in a food irritates a person's digestive system or when a person is unable to properly digest or breakdown the food. Intolerance to lactose, which is found in milk and other dairy products, is the most common food intolerance.

What Are the Symptoms of Food Allergy?

Symptoms of a food allergy can range from mild to severe, and the amount of food necessary to trigger a reaction varies from person to person. Symptoms of food allergy may include:

- Rash or hives
- Nausea
- Stomach pain
- Diarrhea
- Itchy skin
- Shortness of breath
- Chest pain
- Swelling of the airways to the lungs
- Anaphylaxis

What Are the Symptoms of Food Intolerance?

Symptoms of food intolerance include:

- Nausea
- Stomach pain
- Gas, cramps or bloating
- Vomiting
- Heartburn
- Diarrhea
- Headaches

How Common Are Food Allergies and Intolerances?

Food allergies affect about 2 to 4% of adults and 6 to 8% of children. Food intolerances are much more common. In fact, nearly everyone at one time has had an unpleasant reaction to something they ate. Some people have specific food intolerances. Lactose intolerance, the most common food intolerance, affects about 10% of Americans.